

NUTRITION

Pack Power in Your Breakfast

Are you losing steam mid morning? You may need to have whole grains for breakfast. Whole grains are the ideal breakfast food. They contain the bran (outer layer of grain) and germ of the cereal, which refined grains and flours lack. Whole grains are rich in vitamins, minerals, antioxidants and dietary fiber. Because they are complex carbohydrates, whole grains help you sustain your energy level for hours. The American Institute for Cancer Research also recommends eating whole grains to reduce your risk of cancer.

It is important to remember that all grains are not equal. The labels on commercial bakery and breakfast products can be intentionally deceptive. Read the fine print because many products with the word “whole wheat” or “multigrain” on their wrappers are mostly refined flour. To be considered a whole-grain product, the first item on the ingredient list should be whole wheat, oats or another whole grain. Most grain products at the supermarket or bakery are made from refined grains, like enriched wheat flour, which is low in fiber. They also tend to be high in sugar and fat.

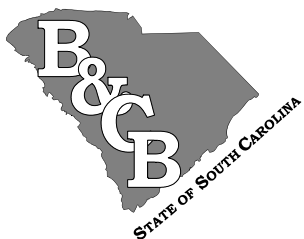
To increase the nutritional quality of your breakfast, try making whole-grain breakfast foods from scratch. Use whole-wheat flour for half of the flour in your favorite quick bread or add some rolled oats to a muffin mix. Double the recipe and freeze the leftovers so that you don't have to bake as often. Frozen breads, muffins and pancakes will last several weeks in the freezer.

Flaxseed Raisin Muffins

Nonstick cooking spray
 $\frac{3}{4}$ cup **ground** flaxseed
1 tsp. baking soda
 $\frac{1}{4}$ tsp. nutmeg
2 eggs
 $\frac{1}{2}$ cup unsweetened applesauce
 $\frac{1}{2}$ cup golden raisins

1 $\frac{1}{4}$ cups unbleached flour
 $\frac{2}{3}$ cup sugar
 $\frac{1}{2}$ tsp. cinnamon
 $\frac{1}{4}$ tsp. salt
2 Tbsp. Canola oil
1-cup nonfat buttermilk

Preheat oven to 375 degrees. Spray 12-cup muffin tin with cooking spray or line with paper cups. In large bowl, mix the first seven dry ingredients. In separate bowl mix eggs, oil, applesauce, buttermilk and raisins. Add dry ingredients, mixing until combined. Scoop batter into muffin cup. Bake 30 – 35 minutes and cool muffin in tin for 5 minutes.



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